

July 10, 2014

Written by Andrea
Wednesday, 09 July 2014 19:04 -



Advanced

3 rounds

5 beginner rope climbs

20 walking lunges

20 pull ups

20 dips

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Intermediate

3 rounds

4 beginner rope climbs

15 walking lunges

15 pull ups or progressions

15 dips

Beginner

3 rounds

3 beginner rope climbs

10 walking lunges

10 pull up progressions

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10 dips

Beginner rope climb: Sit at the bottom of the rope. Pull yourself to a standing position using your legs as little as possible.

Use bands for the dips as needed, or scale to jump to support.